

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention Program

Issue 37

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Guide to Smoke-free Dining Now Available

In just two years, the number of smoke-free restaurants in Clark and Skamania counties have doubled giving those who want to dine in healthy atmospheres many more options. In fact, the majority of restaurants in both counties are smoke-free and you will find them in the new *2003 Guide to Smoke-free Dining in Southwest Washington*. "Smoke-free restaurants are setting the trend for eating establishments and by going smoke-free, business owners are no longer fearful they will lose money," said Theresa Cross, health educator with the Clark County Health Department. "These restaurant owners know they benefit from happier customers, healthier employees and a cleaner restaurant; plus, they have lower cleaning and insurance costs and faster table turnover, which mean higher profits." For copies of the *Guide*, static cling decals that identify smoke-free establishments, and a PDF version of the *Guide* contact Theresa Cross: 360.397.8215 x3178, tcross@swwhd.wa.gov or check the Health Department website www.swwhd.wa.gov

Another City Goes Smoke-free

Boston, Massachusetts becomes the latest city to ban smoking in restaurants, bars, and nightclubs. Under the law which took effect May 5, the 700 taverns, nightclubs, bars, and restaurants in Boston become smoke-free zones. Owners can be fined as much as \$1,000 for violations. (*Boston Globe* 5/4).

Vancouver Student a Winner of Statewide Web Art Contest

Kristen Shelley, a 12 year old student at Shahala Middle school in Vancouver, is one of 12 students from across the state selected as winners of an anti-tobacco art contest. The web-based contest, UNFILTERED YOU, encouraged teens to create a piece of art to stimulate discussion about tobacco use in their families, schools and communities. Kristen won honorable mention in the category of audio/music for "Young Girl" a song about a girl who bowed to peer pressure and smoked tobacco, got addicted then was caught smoking in school. You can listen to her song by logging onto www.unfilteredtv.com. Kristen is an aspiring singer and dancer who wrote and recorded all the lyrics for her song. "It started as a school assignment from our English teacher but then a friend and me decided to get really creative with it and she helped me write the words," said Kristen. More than 100 Washington students entered personal memoirs, paintings, animations, drawings, ads, poems, raps, songs, comics, PowerPoint presentations, clay sculptures and videos. All entries are featured on the Department of Health's teen website, UnfilteredTV and will travel as an exhibit to malls throughout Washington from now through the summer. Check the website to find out when the traveling Unfiltered You exhibit will be coming to a mall near you.

Highlights of the Healthy Youth Survey

The Washington State Department of Health recently released the results of their Healthy Youth Survey as it relates to the state media campaign. Below are some of the major conclusions:

- ◆ Campaign is working - youth smoking dropped in all categories of age, race, gender.
- ◆ Smoking susceptibility is highest between 4-8th grade.
- ◆ Media campaign has high recognition and recall.
- ◆ Youth are receptive and approve of ads - more than 90% said "Tobacco Smokes You" grabs attention.
- ◆ 65% said TV ads influenced their decision not to smoke - up from 53% last year

For more information contact: Susan Zemek, susan.Zemek@doh.wa.gov. or visit: www.doh.wa.gov/tobacco/media/media.htm

Tobacco-free Summer Fun!

The June Issue of O2 magazine is asking for your suggestions for tobacco-free summer fun; • tell about your favorite smoke-free summer activities • what can you buy with the money you'll be saving by not smoking • what does smoking make it hard to do (e.g. physical activities) • pictures of you having a good smoke-free time • favorite smoke-free restaurants, malls, parks, other places WIN CASH!! Deadline is June 9th. Find O2 at: <http://depts.washington.edu/o2editor/Issue5.html>

World No Tobacco Day May 31



On May 31 youth tobacco prevention groups all over the world will celebrate World No Tobacco Day with anti-tobacco activities. Locally, BREATHE students will erect new permanent signs reading "Don't Let 2nd Hand Smoke Hurt our Kids" in Ridgefield parks. The signs were designed by BREATHE members to create awareness of the dangers of secondhand smoke and to promote the Washington Tobacco Quit Line. ESD 112 is offering two pilot projects in May and June to celebrate WNTD. Camas Middle School youth will attend "Teens Talk Tobacco," a three-session series teaching radio editing and interviewing skills. They will produce a 30 second radio spot that will air on KBOO, 90.7 FM on WNTD. The second project involves a collaboration with Tears of Joy Puppet Theatre Company in Vancouver. A core group of youth will join with the theater company to give anti-tobacco theater presentations to schools around the county. Both projects will counter teen media targeting by the tobacco industry with youth media-making of a positive sort. WNTD is the only global event established to call attention to the impact of tobacco on public health and reduce individual tobacco dependence. To learn more about local WNTD events contact James Kisse at the Health Department: 360.397.8214 or Pam Johnston at ESD 112 360.750.7500 or to get ideas for event planning or even send an E-card to someone you hope will quit for the day visit the official WNTD website at: www.wntd.com



Clark County Health Department
2000 Fort Vancouver Way
Vancouver, WA 98663

Lewis and Clark High School Forms a TATU Group

“I wish we would have had teens come to my classroom when I was younger and started smoking,” said Nick Swan, a junior at Lewis and Clark High School. Nick is now a TATU (Teens Against Tobacco Use) member doing just that. Lewis and Clark formed its first (TATU) group in February of this year. After attending TATU training, students began meeting weekly in order to prepare a student-researched, student-led anti-tobacco presentation for area 5th graders. Eight students gave three presentations in March at Roosevelt Elementary school and more presentations are planned for May and June. “All 8 students have come to school on non-school days, as well as worked on projects outside of school in order to make their presentations extraordinary,” said Heather Proctor, Lewis and Clark High School Social Worker and TATU advisor. “It is good to give younger kids the information they just can’t find anywhere,” said Senior Christine Shreeves. Freshman Vanessa Meza says she has had a lot of fun working with younger students and has found tobacco research interesting. Lewis and Clark offers an alternative learning environment that provides for individualized education. Although the school has no official smoking statistics, staff there say that in a small environment smoking peer pressure is heightened and going against the grain to be smoke-free requires more effort, commitment and courage. Contact: *Heather Proctor: 360.313.4350.*

BREATHE Youth Selected for Training in Maryland

BREATHE members BreAnna Dupius and Tami Mastrogainis will be traveling to Bethesda, Maryland June 19-20 to attend American Legacy Foundation Youth Empowerment Training. The two were selected by the Washington State Department of Health based on their involvement with a number of statewide events and their work with BREATHE. “I felt Tami and BreAnna were a great example of where we need to go in Washington,” said Carla Huyck, DOH.

Internet Cessation Sites Effective

Smoking cessation websites may be just as effective as traditional face-to-face programs, according to a study by the Oregon Research Institute. Part of the reason is that many people have trouble committing to appointments or paying for formal stop-smoking programs. The internet is more flexible and offers 24/7 support for free in many cases. The biggest smoking cessation website is www.Quitnet.com, offering tips, tools, questionnaires, message boards and chat rooms that give instant support from hundreds of members who are online. (*Wall Street Journal* 4/22, *Nicotine & Tobacco Research* vol. 5, no. 2)

Free Grass Roots Organizing and Community Mobilization Seminar

WHO: Tobacco Control Advocates
WHERE: Radisson Hotel, 17001 Pacific Hwy S, SeaTac
WHEN: June 17 - 19, 2003
WHY: To learn how to better recruit and organize our grassroots volunteers to make a difference in tobacco control policy.
RSVP: Carrie Nyssen BREATHE Field Coordinator: 509.248.4384 ASAP, space is limited.
This workshop is brought to you at no cost by Washington BREATHE. Continental Breakfast and lunch will be provided. Scholarships are available for those needing financial assistance with lodging and travel.

Skamania TATU Making a Big Impact

Every 5th grade class in Skamania County will hear from the Stevenson High school TATU students this Spring. That is more than 100 elementary students who will experience a powerful tobacco prevention presentation delivered by high school teens. Awesome effort TATU Bulldogs!

Calendar of Events

- 05/28 BREATHE meeting** - 3:30 PM, Clark County Health Department. Contact: James Kisse 360.397.8214
- 05/31 World No Tobacco Day** -info at www.wntd.com
- 05/31 Erecting 2nd hand smoke sign** - 3:30-4:00 PM, Abrams Park 701E. Division, Ridgefield. Contact: James Kisse 360.397.8214
- 06/14 Youth Spring Festival** (will include tobacco info) - 10 AM - 2 PM, St. James Catholic Church parking lot, 218 W. 12th St. Contact: Josh Beaman 360.397.2130
- 06/17-19 Grass Roots Organizing & Community Mobilization Seminar** - Free, Radisson Hotel, SeaTac, Seattle. Contact: Carrie Nyssen, BREATHE 509.248.4384 RSVP ASAP, space is limited.
- 06/18-19 Cessation Forum** - Issaquah, WA Contact: Tamatha Thomas-Haase 360.236.3722
- 06/20 BREATHE picnic** - 4:00 PM, Lewisville Park. Contact James Kisse 360.397.8214
- 06/21 American Heart Walk** - 9:00 AM, Esther Short Park. Contact: Sean Callahan 360.750.4501
- 06/25 Spring Regional Meeting** - Open to all stakeholders and volunteers. 10 AM-2 PM, ESD 112 Cowlitz room. Contact Pam Johnston 360.750.7500 x133